



***Good Health Starts
with a Healthy
Home***

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Program Directors Meeting
Sacramento, CA**

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Healthy Homes

Presentation outline:

- Background
- Goal of the initiative
- What is a healthy home
- Health and economical benefits
- Current steps
- Future steps
- Questions

Healthy Homes

Background:

- The mission of the Sanitation Facilities Construction (SFC) Program is to provide safe water supply and sewer disposal for Indian homes
- Foundation of the SFC Program is based on *primary prevention*
- SFC Program's initiative to update database with individual Indian homes for enhanced development of future projects (pink dots)
- Surgeon General's call for healthy homes (green book)

Healthy Homes: Background

Identify Select Home Add Home

end

ts



New Home #

Location	Details
⚠ This home p	
Address:	
City, State, Zip:	
Latitude:	
Longitude:	
Twn/Rng/Sec:	
Directions:	
Locality:	
County:	
Community:	
District:	
Service Unit:	
Field Office(s):	
Reservation:	
Tribe(s):	
Created:	
Last Update:	

Healthy Homes: Background

The Surgeon General's Call to
Action To Promote Healthy Homes

2009



U.S. Department of Health and Human Services

Why did the Surgeon General issue the Call to Action?

Unhealthy and unsafe housing continues to affect the health of millions of people of all income levels, geographic areas and walks of life in U.S.

What is the Call to Action?

A science-based document to stimulate action nationwide to solve major public health problems.

Healthy Homes

Goal of the initiative:

- While performing the SFC Program's mission of providing water and sanitation facilities and completing the initiative to identify Indian homes, develop strategies for better outreach and target healthy home priorities.
- Promote and participate in a comprehensive and coordinated approach for a Healthy Homes Initiative that will result in the greatest possible public health impact to California Indians.

Healthy Homes

Healthy home: A home designed, constructed, and maintained in a manner that supports the health and safety of the occupants.

Environmental health factors/risks:

- *Drinking water and adequate waste disposal (sanitation)*
- Indoor air quality (e.g. radon, carbon monoxide)
- Mold and moisture
- Lead and pesticides
- Hazardous household products
- Home safety (e.g. slips, trips, and falls)
- Safe/standard housing (e.g. roof, piping, electrical)

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Health and economical benefits:

- Access to safe drinking water and adequate waste disposal is essential to health and disease prevention.
- Families with these systems require fewer medical services and place fewer demands on the IHS and tribal primary health care delivery system.
- Impact of sanitation facilities on public health in the U.S. is estimated to have a rate of return of 23 to 1 for investments¹.

¹ Cutler, D., G. Miller, 2004. [*The role of public health improvements in health advances: the 20th century United States.*](#) National Bureau of Economic Research. Working Paper 10511. Cambridge, MA, USA.

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Current steps:

- Overall goal: expand current services while developing strategies for enhanced coordination and impact
- Application for service
- Typical water supply and sanitation facilities
- Public outreach
- Information and awareness

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Two-page application to initiate service:

- Requirements: 1) Federally recognized tribal member; 2) primary residence; 3) legal control to land; and 4) adequate site conditions

APPLICATION FOR SANITATION FACILITIES (Public Law 86-121)	
APPLICANT NAME: _____ TRIBE & ENROLLMENT NO: _____	
MAILING ADDRESS: _____	FACILITIES LOCATION ADDRESS: _____
PHONE #: _____	
SERVICES REQUESTED:	
WATER: NEW SERVICE [] RENOVATION [] WASTEWATER: NEW SERVICE [] RENOVATION []	
Has IHS or other Federal Agency provided sanitation facilities to this <u>homesite</u> before? YES [] NO []	
If yes, during which year? _____	
If yes, under what Applicant name? _____	
Has IHS or other Federal Agency provided sanitation facilities to this <u>Applicant</u> before? YES [] NO []	
If yes, during which year? _____	
If yes, at what homesite address? _____	
HOME INFORMATION:	
The proposed homesite is on: TRUST LAND [] FEE PATENT LAND []	
The property is: OWNED [] LEASED [] RENTED [] AN ALLOTMENT []	
Within the property boundaries, there are the following underground utilities (complete attached site drawing): None [] Electrical Lines [] Gas Lines [] Water Lines [] Sewer Lines [] Other _____	
Structure type is: MOBILE HOME [] WOOD FRAME [] OTHER _____	
Approximate year structure was built or moved to the site: _____	
Is the house currently occupied? YES [] NO []	
If yes, since when? MONTH _____ YEAR _____	
If no, proposed occupancy date: _____ YEAR _____	
Number of bedrooms _____ Number of bathrooms _____ Number of occupants _____	
Ages of occupants? _____, _____, _____, _____, any special conditions regarding occupants? (Health problems, disabilities, elderly, etc.) _____	
Does the house have electric service: YES [] NO []	
If no, when will electric service be provided? MONTH _____ YEAR _____	
Have there been any recent bedroom or bathroom additions to the house? YES [] NO []	
If yes, describe improvements during the last three years? _____	
Completion date of improvements: _____	
EXISTING FACILITIES: WELL [] SEPTIC SYSTEM [] COMMUNITY WATER [] COMMUNITY SEWER []	
Describe any problems you are having with existing facilities: _____	
Do you know of any archeological / historical sites on the property? YES [] NO [] (If yes show on site drawing)	
THIS SECTION FOR IHS USE: Date Application Received: _____ Date Tribe Signed: _____	

APPLICANT'S RESPONSIBILITIES: READ CAREFULLY, THIS IS A LEGAL DOCUMENT.	
1. This is an APPLICATION for service. The provision of sanitation facilities is dependent on Indian Health Service (IHS) site review, verification of home construction, improvements, and availability of funds.	
2. No services can be provided without a completed and signed Application for Sanitation Facilities Form.	
3. Application must be given to the Tribe associated with the service area that contains the homesite property. The Tribe will forward the Application to IHS. Applicants without Tribal representation will forward the Application directly to the IHS.	
4. Applicant must provide proof of a legal claim to the land (e.g., copy of allotment, lease, or deed) as part of this application. The homesite must be a primary residence of the Applicant. No services can be provided to other than primary residences.	
5. An IHS representative will visit the homesite to determine site suitability. Prior to this visit, the Applicant must locate property corners, underground utilities, and the proposed house location (new homes). See Site Drawing.	
6. By way of the Applicant's signature, IHS representatives are granted permission to enter upon the land for the purpose of carrying out the site approved work. This work may include, but is not limited to, digging soil test pits, conducting percolation tests, and drilling test wells. The Applicant agrees to waive all claims which may arise from such entry and testing except those claims which may be recognized under the General Tort Claims Act. If the Applicant is not the landowner, the landowner must co-sign this application.	
7. It is important that the Applicant understand that under Public Law 86-121, IHS cannot own, operate, or maintain the Applicant's completed facilities. All construction facilities will be transferred to the Applicant when construction is completed. For community facilities, the Applicant's responsibility is for individual facilities such as water service lines from the house to the curb stop or meter and sewer service lines from the house to the property line.	
8. The IHS does not provide inside plumbing. Plumbing must be inside the house with a protruding stub 5-foot beyond the foundation to connect to outside plumbing.	
IT IS STRONGLY RECOMMENDED THAT DEVELOPMENT OF NEW SITES NOT OCCUR UNTIL AVAILABILITY OF WATER AND SEWER SERVICE HAS BEEN DETERMINED. IT IS FURTHER RECOMMENDED THAT OCCUPANCY OF NEW HOUSES NOT OCCUR PRIOR TO RECEIPT OF SANITATION FACILITIES.	
TRIBAL – AUTHORITY SIGNATURE REPRESENTS REQUEST FOR FACILITIES FOR THIS APPLICANT	
I understand the Applicant's Responsibilities as described, and I agree to the IHS verifying information provided on this application.	
LANDOWNER (IF NOT APPLICANT): _____	DATE: _____
APPLICANT: _____	DATE: _____
TRIBAL REPRESENTATIVE: _____	DATE: _____

Healthy Homes

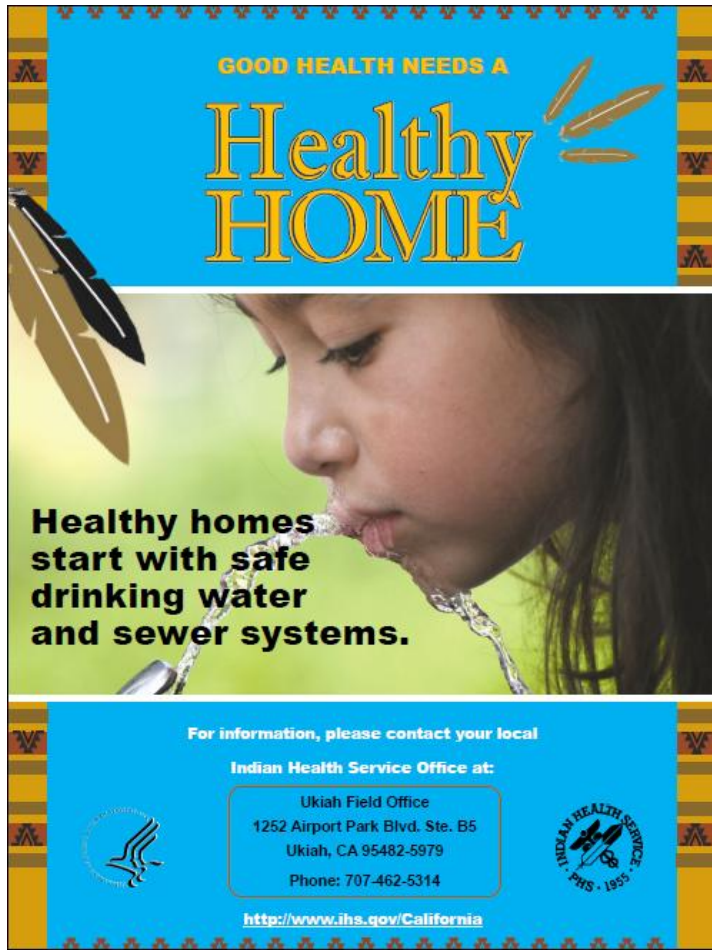
Typical services for home sites:

- Water service line
- Water well
- Water pressure system
- Septic tank/drainfield
- Sewer service line



Healthy Homes

Public outreach: Posters



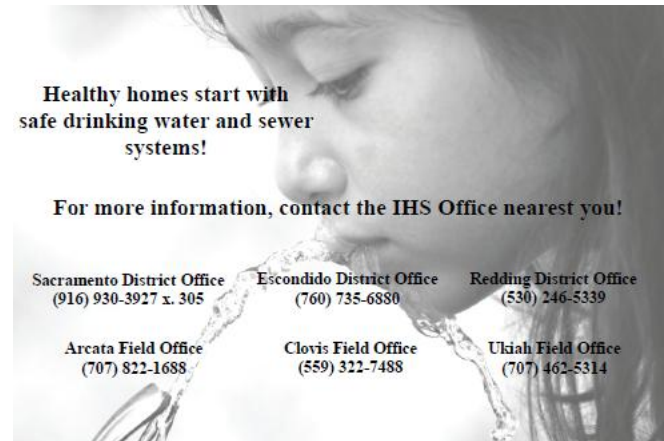
Post Cards

Indian Health Service
California Area Office
650 Capitol Mall, Ste. 7-100
Sacramento, CA 95814-4706

Forwarding Service Requested



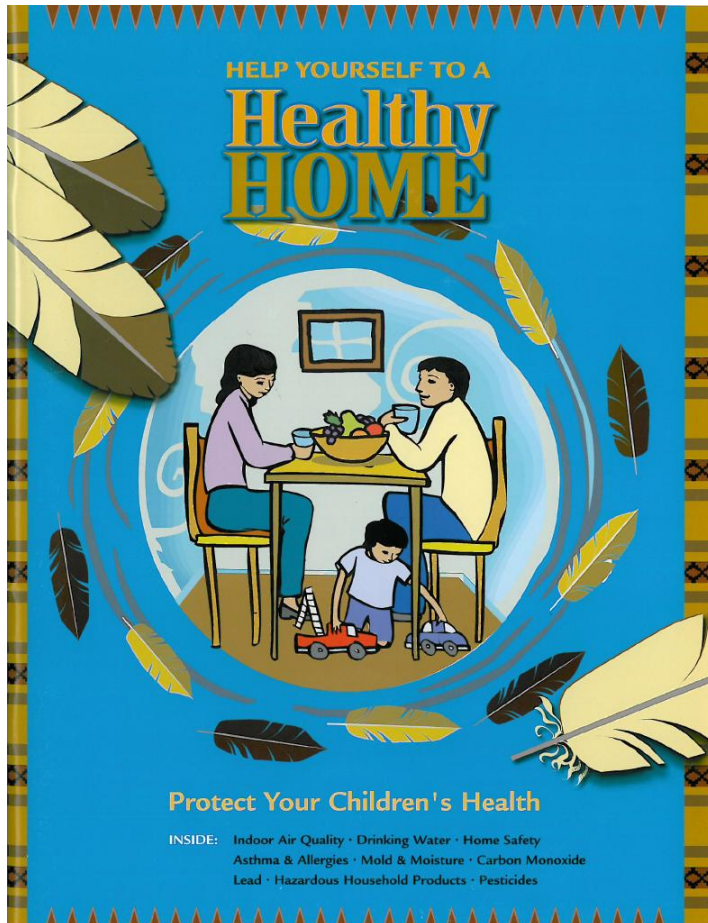
ARE YOU AN AMERICAN INDIAN IN NEED OF WATER OR SEWER?



Healthy Homes

Information and awareness:

Healthy Home Booklet



Check List

From The Surgeon General's Call to Action To Promote Healthy Homes

A Healthy Home Checklist

Everyone can have a healthy home. This checklist and accompanying illustration show some key action steps to take in each room and area of the home.

Bedrooms, Living Rooms, and Family Rooms

- Install smoke and carbon monoxide alarms
- Do not smoke or allow anyone else to smoke in the home.
- If your home was built before 1978:
 - Test your home for lead paint.
 - Fix peeling or chipping paint using lead-safe work practices.
 - Use safe work practices when painting, remodeling, and renovating to prevent spreading lead dust.
- Keep floors clear of electrical cords and clutter.

Kitchens

- Never use the stove or oven to heat the house.
- Use a range hood fan or other kitchen exhaust fan that vents outside.
- Install smoke and carbon monoxide alarms.
- Use safe cleaning and pest control products.
- Stop cockroaches, ants, and mice without pesticides:
 - Keep them out – seal openings to the outside and between rooms.
 - Starve them – put away food, clean up, cover the trash and garbage.
 - Deny them water – fix leaks and wipe up spilled water.
 - When necessary, use closed baits, traps, and gels.
 - Never use bug bombs.

Bathrooms

- Install grab bars next to the bathtub and shower.
- Use mats with nonslip rubber backs on bathroom floors.
- Clean up moisture and mold safely.
- Use a bathroom exhaust fan that vents outside.

Attics

- Check for water leaks from the roof.
- Ensure proper ventilation to prevent moisture that can promote mold growth.
- Seal gaps around roofing and attic openings to keep rodents and insects out.
- Clean up clutter to deny rodents and insects places to nest.

Stairways and Halls

- Fix loose or uneven steps and rails.
- Attach stairway carpet firmly to every step—or remove carpet and attach nonslip rubber stair treads.
- Keep stairs free of clutter.
- Install handrails on both sides of the stairs.
- Keep a working light bulb in overhead lights in the hall and the stairs.

Basement, Crawl Space, Utility and Laundry Areas

- Set hot water heater at 120°F to prevent burns.
- Change furnaces/AC filter regularly.
- Have gas appliances and furnaces checked yearly to make sure they don't release extra carbon monoxide.
- Make sure the clothes dryer vents outside.
- Test for radon. If there's a high level, hire a specialist to eliminate the hazard.

Outer Parts of House and Yard

- Keep pests away:
 - Fix holes, cracks, and leaks on exterior of the house.
 - Eliminate standing water and food sources.
 - Keep trash can covered with a lid.
- Remove shoes before entering the house to keep dirt containing lead and other toxins outside.
- Maintain gutters, downspouts, and roof to prevent moisture from entering the home.
- Use safe work practices when painting, remodeling, or renovating a home built before 1978.
- If you have a septic tank or private well, properly maintain it to prevent illness.
- Be ready in case of disaster: have a kit for shelter in place and plan fire escape routes.

Special steps to protect children:

- Make sure cribs, playpens, and play equipment are safe.
- Keep cribs free of soft objects or loose bedding.
- Use cordless blinds and shades, or tie the cords out of reach of children.
- Place infants on their back to sleep.
- Place safety covers on electrical outlets.
- Lock prescription and over-the-counter medications away from children and use childproof caps.
- Use stair gates at the top and bottom of stairs.
- Lock up products used for cleaning, car maintenance, gardening, and pest control.
- If you have a swimming pool, make sure you have proper fencing and gates around the pool.
- Complete a playground safety checklist if you have playground equipment in your yard.
- If a firearm is kept in the home, it should be stored unloaded and locked in a secure container— inaccessible to children.

Healthy Homes

Next steps:

- Coordination within IHS/OEHE (e.g. for the +20,000 Indian homes, develop strategies to address the environmental health risks)
- Revise IHS/OEHE procedures and documents accordingly (e.g. applications and/or site visits to note other environmental factors besides water and sewer)
- Coordination with other partners (e.g. tribal housing entities and tribal health programs)
- Additional outreach and information (e.g. posters, postcards, booklets)
- Review efforts and impacts and revise as necessary



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For more information, contact the IHS Office nearest you!

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